Introduction
Children with one or more food allergies are able to tolerate a wide range of other foods without any reaction. Introducing new foods to your child’s diet is an important process by providing mixed and varied foods will ensure their diet meets their nutritional needs. There is growing evidence to support early introduction of possible allergens. This guide is aimed at helping you offer new foods safely into your child’s diet by not delaying offering these foods may be beneficial.

Golden Rules
• Introduce new foods in your home so that you can easily obtain help/advice if needed
• Introduce the food in the morning, preferably not just before the child is due a nap, but when you have plenty of time to monitor your child at home.
• Should an allergy reaction occur you should act promptly.
• Ensure you have your emergency allergy treatment close to hand.

Instructions
Day 1 - Step 1 - Smear a pea-sized amount of the food onto the skin. This should be somewhere the child cannot lick or rub off (such as on their back). Review the area of skin ten minutes later and, if no reaction is seen, proceed to Step 2.  
Step 2 - Smear a pea-sized amount of the food onto the outer lip. Monitor the area for ten minutes and, if no reaction, move onto the next step.
Step 3 - Smear a pea-sized amount of the food in the inner lip. Monitor the area for ten minutes and if no reaction move onto Day 2.

Day 2 - Offer a pea-sized piece of the food orally. If no reaction go to day 3.

Day 3 - Offer two pea-sized pieces of the food orally. If no reaction go to day 4.

Day 4 - Offer four pea-sized pieces of the food orally. If no reaction go to day 5.

Day 5 - Offer a teaspoon of the food orally. If no reaction continue to double the quantity offered until the child is able to tolerate an age-appropriate portion of the food.
Gradual Introduction of Allergens

Possible Allergic Symptoms

- Vomiting
- Rash (raised/itchy)
- Hives
- Swelling of lips, tongue, ears, nose or eyes
- Sneezing
- Wheeze or cough

If your child develops any of these symptoms, stop the introduction immediately and treat with your emergency allergy treatment (for example an antihistamine such as Chlorphenamine).

Emergency Action Plan:

Antihistamine dose: ________________________________

Additional prescribed treatment: ________________________
(to be completed by doctor, dietitian or nurse)

If you are at all worried about your child’s allergic reaction call 111 for advice or 999 if the child has a life threatening reaction.

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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